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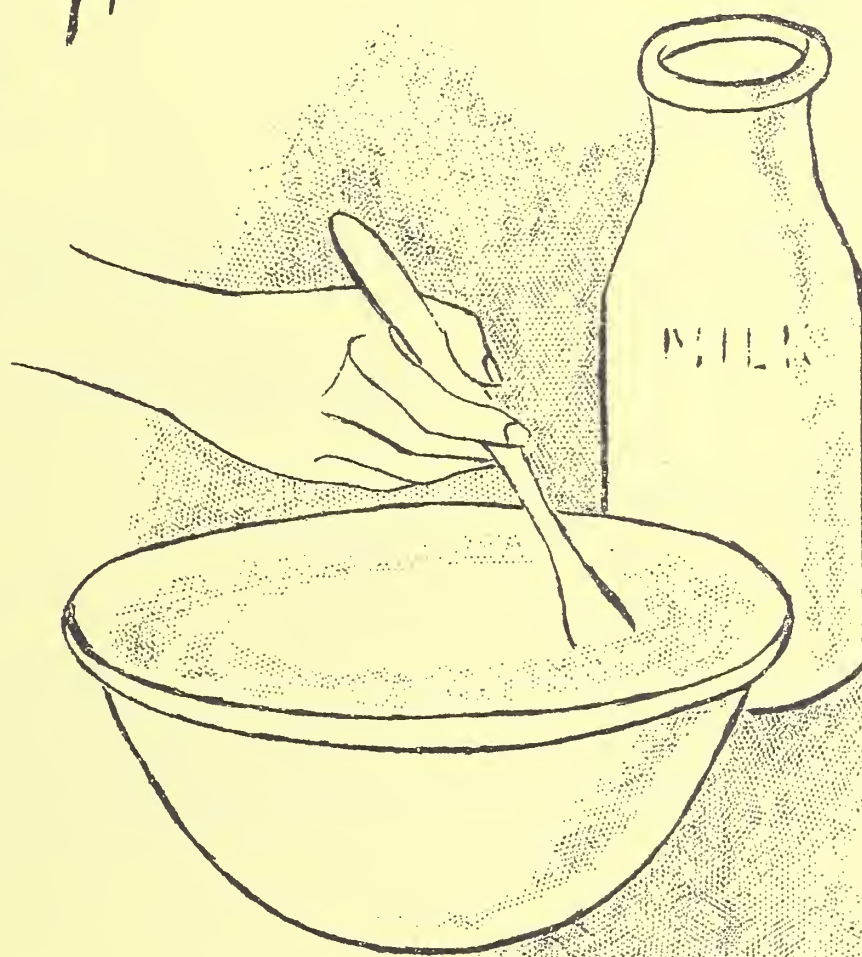
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Use of Milk and Milk Products,



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CREAM OF CHEESE SOUP

2 tablespoons minced onion	1/2 pound sharp American cheese,
4 tablespoons butter	grated
4 tablespoons flour	1/2 cup minced, cooked carrot
2 cups milk	1/2 cup minced, cooked celery
2 cups chicken stock or bouillon	Chopped parsley

Cook onion in butter until tender but not brown. Blend in flour and heat until bubbly. Add milk and chicken stock and cook until thickened, stirring constantly. Remove from heat and add grated cheese. Stir until melted. Add cooked vegetables, heat thoroughly. May be topped with chopped parsley. 6 servings.

BUTTERMILK MEAT LOAF

6 slices bread	1 can tomato paste
1 1/2 cups buttermilk	2 teaspoons salt
3 eggs	1/4 teaspoon pepper
1 lb. ground beef	1 medium onion, minced
1/2 lb. ground pork	2 teaspoons prepared horse-radish
1/2 lb. ground veal	

Soak the bread in the buttermilk for half an hour. Combine all other ingredients with this mixture. Put in a loaf pan and bake in a moderate oven, 350° F. for 1 hour. 6-8 servings.

MACARONI CHEESE SQUARES

1 1/4 cup scalded milk	1 teaspoon salt
3/4 cup soft bread crumbs	3 cups grated sharp Cheddar cheese
3 tablespoons butter	2 eggs, well beaten
2 cups cooked macaroni	6 tomato halves
1/2 teaspoon chopped onion	Buttered crumbs

Pour milk over crumbs and butter. Add remaining ingredients in order listed. Mix thoroughly and place in buttered casserole set in pan of hot water. Bake in 375° F. oven for 15 minutes, remove and top with tomato halves which have been sprinkled with seasoned buttered crumbs. Bake 30 minutes longer until delicately brown and knife inserted comes out clean. Cut in squares. 6 servings.

Prepared for use at a demonstration at Farm and Home Week, Urbana, Illinois, February 2, 1955.

COTTAGE SCRAMBLED EGGS

1 tablespoon butter
6 eggs, slightly beaten
1/4 cup milk
3/4 teaspoon salt

Few grains pepper
3/4 cup cottage cheese
4 slices toast

Melt butter in frying pan. Stir milk and seasonings into eggs. Pour into frying pan and cook over low heat, stirring occasionally. When eggs are thickened, mix in cottage cheese. Serve at once on toast. 4 servings. Menu suggestion: Serve this egg dish for supper with hash-brown potatoes, green salad and cherry pie.

TWO-IN-ONE CASSEROLE

1 lb. ground beef
1/2 lb. ground pork
1 medium onion, chopped
1/4 cup butter
2 10 1/2 oz. cans condensed tomato soup
1 cup cottage cheese

2 teaspoons Worcestershire sauce
2 teaspoons salt
1/4 teaspoon pepper
1/2 12 oz. package medium noodles, cooked and drained
1 cup buttered bread crumbs

Brown meat and onion lightly in butter in frying pan. Add soup, cottage cheese and seasonings. Simmer for 15 minutes. Arrange layers of cooked noodles and meat mixture in a buttered baking dish (about 12 x 8 x 2 inches). Top with buttered crumbs. Bake in moderate oven (350° F.) 25 minutes. 8 servings.

CHEESE CUSTARD

2 tablespoons butter
3 tablespoons flour
1 cup evaporated milk diluted with
1/2 cup water (or 1 1/2 cups fresh milk)
1/2 teaspoon salt

1/4 teaspoon paprika
1/2 teaspoon mustard
3/4 to 1 cup grated American cheese
3/4 to 1 cup grated Swiss cheese
4 eggs

Melt butter, add flour stirring to a smooth paste. Add milk, diluted with water, gradually. Stir constantly until mixture thickens and is smooth. Add salt, paprika, mustard and cheese. Stir until cheese melts. Remove from heat, cool slightly and beat in eggs one at a time. Pour in buttered baking dish or ring mold. Place in pan of hot water and bake in moderate oven (350° F.) about 40 minutes or until knife inserted in center comes out clean. Serve with a creamed vegetable. 6 to 8 servings.

POTATO CHEESE SALAD

1/4 cup French dressing	1/4 cup chopped pimiento
1/4 cup mayonnaise	1/4 cup chopped green pepper
2 cups diced, cooked warm potatoes	2 tablespoons chopped onion
3 eggs, hard-cooked	2 tablespoons chopped parsley, if desired
2 cups cottage cheese, drained	1 1/2 teaspoons salt

Blend French dressing and mayonnaise; add potatoes and chopped eggs; let stand 10 minutes. Add remaining ingredients. Mix gently but well. Chill several hours. Serve on salad greens. Make 6 to 8 servings.

YAM ROLLS

1/2 cake yeast or 1/2 package dry yeast	1/2 cup water
1/4 cup lukewarm water	3/4 cup sieved cooked sweet potatoes
1/4 cup nonfat dry milk	2 tablespoons shortening
1/3 cup sugar	2 3/4 cups flour
1 teaspoon salt	

Soften yeast in 1/4 cup lukewarm water. Sift nonfat dry milk, sugar and salt into a large mixing bowl, and add 1/2 cup water. Stir in yeast, melted fat, and potatoes. Add enough flour to make a dough which can be easily handled. Turn on to lightly floured board and knead until smooth and velvety. Place in a bowl and brush with butter. Cover and allow to rise until dough has doubled in bulk (approximately 2 hours). Knead slightly and make out rolls. Allow rolls to double in bulk. Bake at 425° F. for about 18 minutes. Note: 1/2 cup fresh milk may be used in place of 1/4 cup nonfat dry milk and 1/2 cup water.

SPANISH CREAM

1 tablespoon gelatin	1/3 cup sugar
1/4 cup cold milk or water	1/4 teaspoon salt
3 eggs, separated	2 cups scalded milk
	1 teaspoon vanilla

Add gelatin to cold milk and let soften. Add sugar, salt, and softened gelatin to scalded milk in top of double boiler and stir until dissolved. Beat egg yolks slightly. Add hot milk mixture to egg yolks slowly, stirring constantly. Return to top of double boiler and cook over hot water until slightly thickened. Cool. When mixture begins to thicken, add vanilla and fold in stiffly beaten egg whites. Turn into one large mold or into individual molds and chill until firm. Serve with chocolate sauce or fresh, frozen, or canned fruits. For a pie pour into baked pastry shell or cookie crumb crust and chill until firm.

BAKED ALASKA

Cut 1-inch layer of sponge or angel food cake about one-half of an inch longer than a quart brick of ice cream (or 2 pints may be used). Put the cake on heavy brown paper on a baking sheet. Add 1/8 teaspoon salt and 1/8 teaspoon cream of tartar to five egg whites. Whip until egg whites form a soft foam, then add 3/4 cup sugar, one tablespoon at a time, beating after each addition. Continue to beat until mixture stands in stiff peaks. Remove ice cream from carton, place on top of cake and frost quickly with meringue. Be sure ice cream and cake are completely covered. Bake at 450° F. four or five minutes or until lightly browned. Slip from the baking sheet and paper onto a platter or tray and serve at once. 6 servings.

APPLE CRUMBLE

1/2 cup sifted flour	1/4 teaspoon nutmeg
3/4 cup nonfat dry milk	1/4 teaspoon salt
1/3 cup butter	1 teaspoon cinnamon if desired
3 tablespoons sugar	3 cups sliced apples

Mix flour, nonfat dry milk, sugar, nutmeg, salt, and cinnamon. Cut shortening in with pastry blender or two knives until mixture is crumbly. Arrange apples in shallow well-greased baking dish. Sprinkle apples with flour mixture. Cover and bake in moderate oven (350° F.) about 25 minutes or until apples are tender. Remove cover and bake 10 minutes longer or until crumbs are brown. 6 servings. (If apples are very sour, sprinkle sugar over them first.) Canned fruits such as peaches, apples or cherries may be used. Drain off syrup, cover with crumb topping and bake uncovered in 350° F. oven until topping is brown.

LEMON CREAM PIE

1 1/2 cups sugar	1 tablespoon grated lemon rind
1/4 teaspoon cream of tartar	1/8 teaspoon salt
4 eggs, separated	1 pint whipping cream
1/3 cup lemon juice	

To make Meringue: Sift together 1 cup sugar and cream of tartar. Beat egg whites until they stand in soft peaks. Add sugar gradually, beating after each addition. Line bottom and sides of well-greased 9 or 10 inch pie pan with meringue. Bake at 275° F. for 1 hour.

Lemon Filling: Place egg yolks in top of double boiler. Beat slightly. Blend in the remaining 1/2 cup sugar, lemon juice, lemon rind, and salt. Cook over boiling water until very thick. Remove and cool. Whip cream until stiff. Fold half of cream into lemon-egg mixture. Fill meringue shell with this mixture. Spread remaining whipped cream on top. Chill 8 to 10 hours or overnight.

CHEESE CAKE

1 six oz. package zwieback or graham crackers	1/2 cup cream (whipping cream or coffee cream)
1/2 cup butter	1/2 teaspoon salt
1 1/2 cup sugar	1/4 cup flour
3 cups cottage cheese	2 tablespoons lemon juice
4 eggs	1 1/2 teaspoon grated lemon rind

Roll the zwieback or graham crackers into fine crumbs. Mix with 1/2 cup sugar and melted butter. Pack all but 1/2 cup of this mixture on the bottom and sides of a well-greased 9 inch spring form pan, (a cake or pie pan can be used). Press the cottage cheese through a fine sieve or beat with electric mixer until smooth. Combine eggs and the remaining 1 cup sugar and beat until light. Add cream, salt, flour, lemon juice and rind, cottage cheese and mix well. Pour into crumb-lined pan and sprinkle lightly with the remaining 1/2 cup crumbs. Bake in moderate oven (325° F.) for 1 hour. Turn off heat and leave in oven for 1 hour. Remove from oven and allow to cool.

LEMON CHIFFON PIE

1 1/2 teaspoons gelatin	1/4 teaspoon salt
1/4 cup cold water	1 egg, slightly beaten
1/2 cup sugar	1 teaspoon lemon rind
1/3 cup lemon juice	1/4 cup nonfat dry milk solids
	1/3 cup cold water

Sprinkle gelatin on cold water and let soak for 5 minutes. Combine sugar, lemon juice, salt and egg in a double boiler stirring constantly until slightly thickened, about 10 minutes. Add softened gelatin and lemon rind and stir until gelatin is dissolved. Chill until of jelly like consistency, then beat until fluffy. Add nonfat dry milk solids to 1/3 cup ice cold water and beat until it is stiff enough to hold in peaks. Fold into the lemon mixture and turn into baked pie shell. Chill until firm. 1 8-inch pie.

WHIPPED TOPPING

1/2 cup ice cold water	1/2 cup sugar
1/2 cup nonfat dry milk	2 tablespoons lemon juice

Place water in bowl and add the nonfat dry milk. Beat with electric mixer or with a rotary beater until stiff. (This will take less time if bowl and beater are ice cold. It can be done by hand in 5 to 10 minutes). Add sugar gradually, continuing to beat. Add lemon juice and beat until it is mixed in. About 2 1/2 cups topping.

COTTAGE CHEESE CUP CAKES

1/2 cup butter	1 3/4 cups sifted all-purpose flour
2 cups brown sugar, firmly packed	1 teaspoon salt
1 egg	1/2 teaspoon soda
2 teaspoons grated lemon rind	1 cup chopped raisins
2 cups creamed cottage cheese (or 2 cups dry cottage cheese plus 3 tbs. milk)	

Cream butter and 1 cup brown sugar until light and fluffy. Add lemon rind and egg. Beat well. Add cottage cheese, second cup of brown sugar and mix thoroughly. Sift flour once, measure and resift with salt and soda. Blend with cottage cheese mixture. Fold in raisins. Bake in well-greased pans in moderate oven (350° F.) for 30 minutes or until done. Makes about 2 dozen cup cakes. These are especially good served warm.

EASY-TO-MAKE TOPPINGS FOR ICE CREAM

ORANGE PINEAPPLE: Combine 1 can frozen orange juice concentrate with 1/4 cup drained, crushed pineapple. Garnish with whipped cream and mint leaves.

CHOCOLATE CRUNCH: Combine 3/4 cup chocolate syrup with 1/4 cup coarsely ground peanut butter. If too thick, add small amount corn syrup or honey.

HONEY NUT: Pour honey over ice cream and sprinkle with nuts. This is especially good on chocolate ice cream.

PINEAPPLE MINT: Heat small amount mint jelly until melted. Add drained, crushed pineapple. Serve on vanilla ice cream.

FROZEN FRUIT JUICE: Pour slightly thawed frozen pineapple, grape juice, or orange concentrate over vanilla ice cream.

CHOCOLATE PEPPERMINT: Melt chocolate peppermint patties - thin with a little water if necessary. Serve over vanilla or chocolate ice cream.

RAISIN NUT: Add raisins, nuts and a dash of lemon juice to just enough corn syrup to hold mixture together.

CRANBERRY: Spoon whole cranberry sauce over vanilla ice cream.

COFFEE: Sprinkle instant coffee over vanilla or chocolate ice cream.

CANDY BAR: Spoon crushed candy bars or melted caramels thinned with milk over vanilla, nut, or chocolate ice cream.

